

Lucas County Retired Teachers Association

The Slate

Affiliated with the Ohio Retired Teachers Association

Volume 50, Issue 7

[HTTPS://LCRTA.WEBLY.COM](https://LCRTA.WEBLY.COM)

December 2021

NEXT BOARD MEETING
December 2 at Bravo's at 11:30

LUCKY WINNERS SEPTEMBER

Joyce Sparks—\$48
Denise Frazier—\$48
Basket—Sheryl Bibish

NOVEMBER

Jim Norton—\$50
Georgia Martin—\$50
Basket—Marcia Nagy

2021 DONATIONS OPERATING EXPENSES

Jo Ascunce
Jean Buckley
Joan Clark
Sally Dunn
Rhea Halloran
Earl Heath
Stephanie Pawuk
Julie Peace
Susan Santoro
Barbara Stough
James Telb
Nancy Wiegand

COMMUNITY PARTNERSHIPS

Pat Holz
Timothy Kreps

Sincere thanks to those who donated to LCRTA so we may continue all of our projects

PRESIDENT'S MESSAGE—Susan Santoro, President

Greetings, all! I want to focus this month's message on GRATITUDE. One year ago, your LCRTA board made the difficult, but necessary decision to cancel all luncheons through May 2021. We have had two luncheons this fall and while the number in attendance is smaller than pre-pandemic, it is so nice to see smiling faces and hear the conversations of former colleagues and new acquaintances! I think that I speak for most of you that we are so happy to not be "meeting via Zoom!"

There is so much to be grateful for, even though many of us have been touched greatly with loss during the past 20 months. My hope is that our LCRTA members, their families and friends continue to stay healthy and safe. If you are eligible for the vaccine booster, I hope you were able to

receive it. "Thanks" is a feeble word to adequately express gratitude to all health care workers, teachers and all school personnel, essential employees in stores, restaurants, service industries, protective services, etc.

Travel is something that I deeply enjoy and hope to be able to continue to do as long as my health allows. I recently returned to traveling and felt safe with many Covid tests and continued precautions (face mask, social distancing, hand-washing). That being said, I will not be joining you on December 9th at the Toledo Club. The December luncheon is a favorite for so many LCRTA members, so I hope that the beautifully decorated room is full again! Please invite former teaching friends! I will be with you in spirit and wish you all a much merrier holiday season.

LIFE IN THE TIME OF COVID—Kathy Benya

It's the same but different. Holiday season 2021, is here, and although it appears we are not back to pre-covid "normalcy," we are carefully weaning away from virtual events and having our social calendars marked with Zoom meetings. Holidays at the Manor House has always been a fabulous, free activity each December in the Toledo area. The Stranahan Manor, located at Wildwood

Preserve Metropark, has been the venue to successfully spread holiday cheer since 1976. Organizations and private citizens annually vie for the honor of decorating a room. In about 1984, my needlecraft group decorated a corner of the lower level. Our group exhibited some of our handmade clothing and gifts under an evergreen. I had hand smocked a jumper for my three-year-old

LUCAS COUNTY CHILDREN SERVICES—Pauline LoCascio

One of my favorite books to read to my students at Christmas was *Polar Express*. It's about a boy who may have lost the spirit of Christmas. He makes a special wish and gets a special bell from Santa Claus. The bell can be heard only by those who truly believe in the spirit of Christmas

The spirit of Christmas will be shining brightly on December 9th at the Toledo Club for our annual Holiday Luncheon. The decorated trees will be decking the halls and the Madrigal singing group from Bowling Green High School will be sharing their voices with us.

We will be asking you to share your spirit by bringing Legos, stuffed animals or other toys for Lucas County

Children Services, our December Community Partner. These gifts, especially during COVID, are essential to provide a Christmas for over 2,000 neglected and/or abused children.

Remember, if you are not able to bring a toy, you can donate to our take out boxes on the tables. Your gifts will definitely brighten a child's face on Christmas morning. LCRTA has provided Holiday gifts for our community for well over 10 years!

Let's keep that tradition going. See you for a festive musical holiday luncheon at the Toledo Club.



THURSDAY, DECEMBER 9, 2021

LCRTA LUNCHEON (noon-2:00)

The Toledo Club

(235 14th Street)

PROGRAM: Bowling Green Madrigals

CHOICES OF ENTRÉE ARE:

- #1 **Pesto & Parmesan Chicken Breast**— Boneless, skinless breast of chicken baked in pesto, parmesan cheese & panko crust. Complimented with roasted red pepper crema
- #2 **Roasted Pork Loin**—Slices of slow roasted pork loin finished with cranberry glaze
- #3 **Penne Alfredo**—Quill shaped pasta with classic sauce of parmesan grana Padano cheese, cream & butter

Entrée served with:

Banquet Salad, Buttermilk Mashed Potatoes
Vegetable Medley, Rolls, Christmas Cupcakes
Coffee, Iced tea, Tea, Lemonade

COST — \$27.00

Reservations due: **Friday, December 3**

- ★ Please complete reservation form at right & include with **check payable to LCRTA**
- ★ **We're Sorry, But NO SUBSTITUTIONS**
- ★ **Please, invite a friend!**

In order to ensure the safety of our guests and vendors, we are asking that, if you have chosen not to be fully vaccinated against COVID-19, you respectfully decline our invitation to attend.

NOTE: Servers are fully vaccinated and/or masked

RING IN HOLIDAYS WITH MADRIGALS

The Madrigals are an auditioned a cappella group selected from the top choral students at Bowling Green High School. Since created in 1966, this talented group has given over 25



performances each year at athletic, community and school events. They have also traveled to Chicago and to New York. They are under the direction of Beth Vaughn, who is in her 8th year as director. Get ready to be in the Christmas spirit and enjoy the talented Madrigals

DECEMBER 9, 2021 LUNCHEON RESERVATION

I will attend the luncheon at the Toledo Club

NAME: _____ Choice # _____

NAME: _____ Choice # _____

NUMBER OF RESERVATIONS _____

TOTAL: (\$27.00 X Number Attending) \$ _____

Reservations are due **by December 3.** Please mail to:

Jeannine Petcoff
15139 Todd Road
Petersburg, MI 49270

Mail EARLY!!!

MAKE CHECK PAYABLE TO LCRTA

DIRECTIONS to THE TOLEDO CLUB
Downtown on 14th Street
between Jefferson & Madison

POLAR EXPRESS CHRISTMAS WREATH

In the spirit of Christmas & giving, LCRTA is donating a custom-made wreath to the Toledo Club's Holiday Charity Silent Auction. Our wreath "Polar Express" will go to the highest bidder. The money will go to our Community Partnership Fund so we can continue to help others in the community.



LIFE IN THE TIME OF COVID—CONTINUED FROM PAGE 1

daughter (think Polly Flinders, a popular girl's clothing brand at that time). If you have ever visited the Manor House in December, then these highlights will bring back fond memories: • 1977 – One of the rooms featured a large tree with handmade mittens hanging as ornaments. • 1999 – A train display by the Swanton Area Model Club was set up for the first time in the Game Room. • 2001 – The Tap Room became a yellow-and-blue sports bar set up by the University of Toledo. • 2019 - The Manor House placed second nationally for "Best Decorated Historic Home" sponsored by USA today. Hmm... now let's revisit 2020. Yes, the house was decorated, but all the tours were virtual, enjoyed by the public in the comfort of home, in front of a computer screen. And now we have 2021... the same but different. Between December 4-12, Holidays at the Manor House will return as an in-person event. Online reservations are being accepted. A limited number of guests, wearing masks, will have access to the beautifully decorated rooms. Thus, you and your family and friends will have to commit to a day and time for your tour. Once your Holidays at the Manor House tour is complete, walk over to Metroparks Hall to enjoy the model trains. Just like two years ago, some of Wildwood's paths will be lit and taking a short hike afterwards might be invigorating! I have volunteered at this event for many years and have loved greeting people at the front door. Two years ago,

2022 LCRTA and/or ORTA MEMBERSHIP FORM

Name: _____ Phone: (____) _____

Address: _____

City, State & Zip Code: _____

Email: _____

Year Retired: _____ School served: _____

LCRTA DUES: _____ Yearly _____ Life
 LCRTA (\$20 per year, \$175 Life Membership)

ORTA DUES: _____ Yearly
 ORTA (\$30 per year)

DATE (today's) _____ CHECK # _____

Make checks payable to LCRTA (one check handles both LCRTA & ORTA)



Send this form & check to: **LCRTA Treasurer; 2155 Arlington Avenue; Toledo, OH 43609**

DON'T MISS ANY OF OUR 2022 EVENTS!

RENEW now for 2022

by completing the above Membership Form

CHANGE OF ADDRESS or EMAIL ADDRESS

Call Kathy Benya at: 419.843.2480

Email Kathy at: kathybenya@gmail.com

SCHOLARSHIPS AWARDED

On Thursday, September 23rd, the Lucas County Retired Teachers' Association awarded four \$1,000 scholarships to the following students:

Alana Fidler, a Junior who maintains a 3.859 GPA, received the Educational Leadership Association Scholarship.

Lillian Harris, a Junior with a 3.826 GPA, received the Pi Lambda Theta Claudia Trombla Scholarship.

Cecilia Bono, a Junior with a 3.8 GPA, received one of two LCRTA Scholarships.

Delaney Smith, a Junior earning a 3.72 GPA, received

the second LCRTA Scholarship.

All four students are enrolled in the University of Toledo College of Education and are preparing to become educators.

The awards were presented at the LCRTA Luncheon held at the Stone Oak Country Club by Paul Raczkowski, Scholarship Chairperson.

Pictured: Paul Raczkowski, Scholarship Chairperson, Cecilia Bono, Lillian Harris, Delaney Smith, Alana Fidler



SEPTEMBER & NOVEMBER LUNCHEON EVALUATIONS—Doris Weis

SEPTEMBER:

Thanks for bringing us back together! The LCRTA luncheon and meeting was held at Stone Oak Country Club September 23, 2021 with sixty members and guests present. Our guest speaker, Tom Cole, was dynamic! The scholarship winners were very appreciative of our help. Denise Fox, Aurora Project, was inspirational. Some comments were:

- Speaker very entertaining!
- Excellent cranberry chicken!
- Mushroom ravioli was delicious.
- Excellent program.
- Great speakers!
- Centerpieces were great and timely!
- Enjoyed scholarship recipients!
- Great day!

NOVEMBER:

Wish you were here! Good program and venue! Sixty-three members and guests greatly enjoyed the LCRTA luncheon and meeting November 2, 2021 at Inverness Club. The November charity, The Family House of Toledo, had an impressive story. Members and guests were very generous with their donations to The Family House. Tyler Palka, our guest speaker, was very inspirational. Again some of the comments were:

- Chicken was delicious and service was exceptional!
- Tyler was charming and positive.
- Very fun speaker.
- Very entertaining and kept my interest!
- It's good to be back!
- Lunch was great, as was Tyler!

LIFE IN THE TIME OF COVID—CONTINUED FROM PAGE 2

over 40,000 people made Holidays at the Manor House part of their December tradition. So, I will, once again, don my red cape, and say "Happy Holidays" (same) and "You must wear a mask" (different). Hopefully, I will see you

there. Keep safe, my friends. To make your reservations online: www.metroparkstoledo.org For reservations/inquiries please call **419.407.9703**. Special thanks to Mary Flores, docent, for researching the history of this event.

2021 LCRTA OFFICERS & COMMITTEE CHAIR

President—Susan Santoro: 419.344.7071
Past President—Rhea Halloran: 419.666.5718
Secretary—Kathy Benya: 419.843.2480
Comm. With ORTA—Sharon Clark: 419.345.5571
Corresponding Secretary—Pat Holz: 419.740.2274
Treasurer—Nancy Wiegand: 419.866.1980
Budget/Finance—Rhea Halloran: 419.666.5718
Comm. Partnerships—Pauline LoCascio: 419.779.1569
MaryEllen Bollenbacher: 419.277.8165
Evaluations—Doris Weiss: 419.874.2275
Hospitality—Jo Ascunce: 419.308.2928
Legislative—Jeanene Pifer: 419.385.6863
Lunch Reservations—Jeannine Petcoff: 734.854.7511
Or 419.351.2601
Membership—Kathy Benya: 419.843.2480
Protective Services—Jeannine Petcoff: 734.854.7511
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THE SLATE

Lucas County Chapter
Ohio Retired Teachers Association
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Toledo, OH 43609

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2022 LUNCHEONS—MARK YOUR CALENDARS!!

MARCH 17 TOLEDO COUNTRY CLUB

APRIL 21 BRANDYWINE COUNTRY CLUB

LABELS!—Jeannine Petcoff

Do you remember the old Libby's jingle? "When its says Libby's, Libby's, Libby's on the label, label, label, you will like it, like it, like it, on your table, table, table..."

Easily overlooked in 2020, the FDA (Food and Drug Administration) made changes to the Nutrition Facts label which appears on all canned and frozen food. The new label was designed to help make healthy nutrition-based food choices for "your table, table, table." The FDA wanted to encourage you to choose items high in fiber, vitamins and minerals, but lower in saturated fat, trans fat, sodium and added sugars. They also wanted you to be able to compare nutrition facts based on similar portion size.

Changes you may not have noticed if you are not a label reader are:

1. Larger and bolder print.
2. Portion size based on what is ACTUALLY consumed by Americans as opposed to what they SHOULD consume.
3. Total fats are still given, but two new sub-categories have been added. They are saturated fat and trans fat. Both of these are considered "bad" fats because they raise cholesterol levels.
4. Sugars are still listed but the entry "added sugars" must now also appear since added sugars are attributed to

heart disease and diabetes.

5. The % Daily Value now tells how much of a particular nutrient a single food serving will contribute to a daily 2,000 calorie diet.
6. Vitamins D and calcium are now required listings because Americans do not get enough of these two nutrients.

A few of the categories have not been changed except to reflect amounts based on ACTUAL portion size. These include calories, sodium, iron, potassium, protein, carbohydrates and daily fiber.

Dropped from the listing are Vitamins A and C since American diets are seldom deficient in these two nutrients.

Time will ultimately determine if the FDA's new Nutrition Facts label will be a guide used by the American public to make healthier food choices to improve health. Maybe some type of educational program or an ad campaign to inform the public of the changes needs to be made or maybe they just need a simple jingle—"When it says Libby's, Libby's, Libby's on the label, label, label..."

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%